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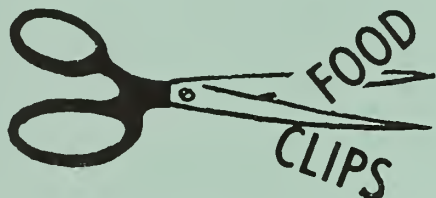
# Food and Home Notes

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It's "penny foolish" to buy fresh vegetables affected by decay. Even if you do, trim off the decayed area, rapid deterioration is likely to spread to the salvaged area. A few cents extra for vegetables in good condition is a good investment, according to USDA's Agricultural Marketing Service specialists.

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Demand freshness! When buying fresh vegetables -- buy in season when prices are more reasonable and check the characteristic signs of freshness such as bright, lively color and crispness.

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When buying iceberg lettuce and Romaine, the leaves should be crisp. Other lettuce types will have a softer texture, but leaves should not be wilted. Look for a good bright color -- in most varieties, medium to light green.

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U.S. Grades and the Federal-state continuous inspection service can be your guide to quality.

## ON LOOKING AHEAD

### .....AND SAVING PROTEIN

"By the year 2000, when the population will have increased to 6.5 billion, the world will need to double its protein supplies," according to U.S. Department of Agriculture research scientists. Foods with high protein content are especially valuable commodities in every country -- especially in countries where seasonal and climatic conditions seriously threaten cereal crops.

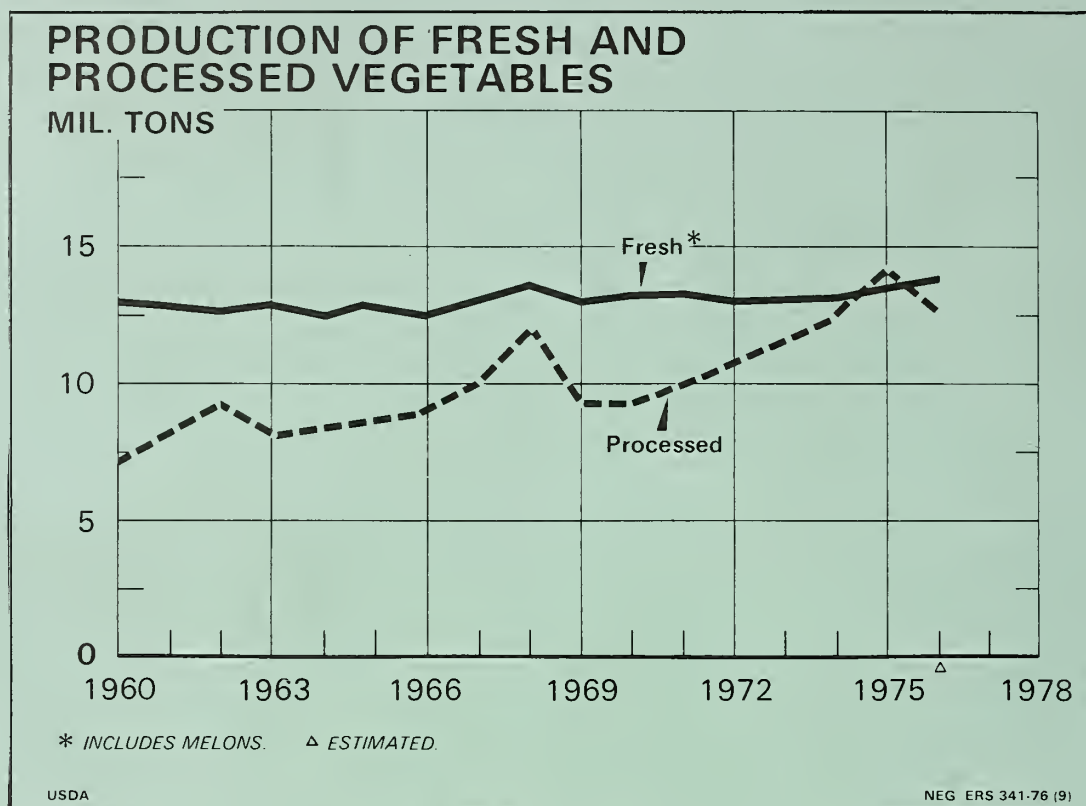
In India, some high protein grain legumes (the lathyrus pea in particular) are small, hardy and drought-resistant, but contain substances toxic to humans and animals. In fact, if these peas constitute over 25% of the diet, they are known to cause irreversible paralysis of the legs. Therefore -- cultivation of this, otherwise valuable commodity, has been prohibited because of public concern in India where it has been extensively grown.

As a result of Indian research, partly funded by the U.S. Department of Agriculture (Agricultural Research Service), there is now a new way to breed varieties with a low-toxin content. This method introduced and recommended to Indian farmers, may save this potentially valuable protein-rich food.

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## AGRICULTURAL CHARTS



Production of fresh and processed vegetables, 1960-76

Year	Fresh <sup>1</sup>	Processed	Total
	<i>Million tons</i>	<i>Million tons</i>	<i>Million tons</i>
1960 .....	13.0	7.4	20.4
1961 .....	12.7	8.2	20.9
1962 .....	12.6	9.3	21.9
1963 .....	12.8	8.0	20.8
1964 .....	12.5	8.1	20.6
1965 .....	12.8	8.5	21.3
1966 .....	12.5	9.0	21.5
1967 .....	13.0	10.0	23.0
1968 .....	13.5	12.1	25.6
1969 .....	13.0	9.4	22.4
1970 .....	13.2	9.4	22.6
1971 .....	13.4	10.0	23.4
1972 .....	12.9	10.9	23.8
1973 .....	13.3	11.4	24.7
1974 .....	13.2	12.5	25.7
1975 .....	13.6	14.0	27.6
1976 <sup>2</sup> .....	14.0	12.4	26.4

<sup>1</sup> Includes melons. The processing portion of broccoli, carrots, and cauliflower are included with the processed crops beginning with 1972. <sup>2</sup> Estimated.



## CONSUMER SURVEY

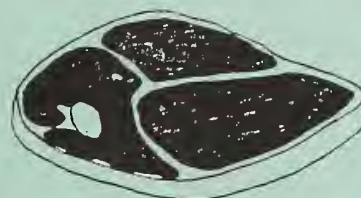
### — BUYING HABITS

Consumer buying habits are changing due to tighter food budgets, according to a survey conducted by the U.S. Department of Agriculture. It was the sudden rise in beef prices in 1973 that caused the drop in per capita beef consumption. Further the consumers' reaction was to buy more ground beef...and less steak and roasts.

Buying beef products in volume is one way consumers cope with the new food budgets, according to the Economic Research Service, which interviewed 1,400 households on volume beef purchasing. "Volume buying" refers to purchasing 20 pounds, or more which can be stored and eaten later.

The volume purchases referred to in this survey were usually at a farm as an entire carcass, side, or forequarter. Beef cuts were usually purchased at the supermarket.

Volume beef purchasers were asked to indicate what advantages, if any, they found in buying fresh or frozen beef in volume. Consumers responded to first, save money; second, convenience of having the meat on hand; third, for better quality of meat. Approximately 1/5th of the consumers interviewed intended to buy volume beef again for cost savings. Beef prices are expected to rise this fall, and again in '78.



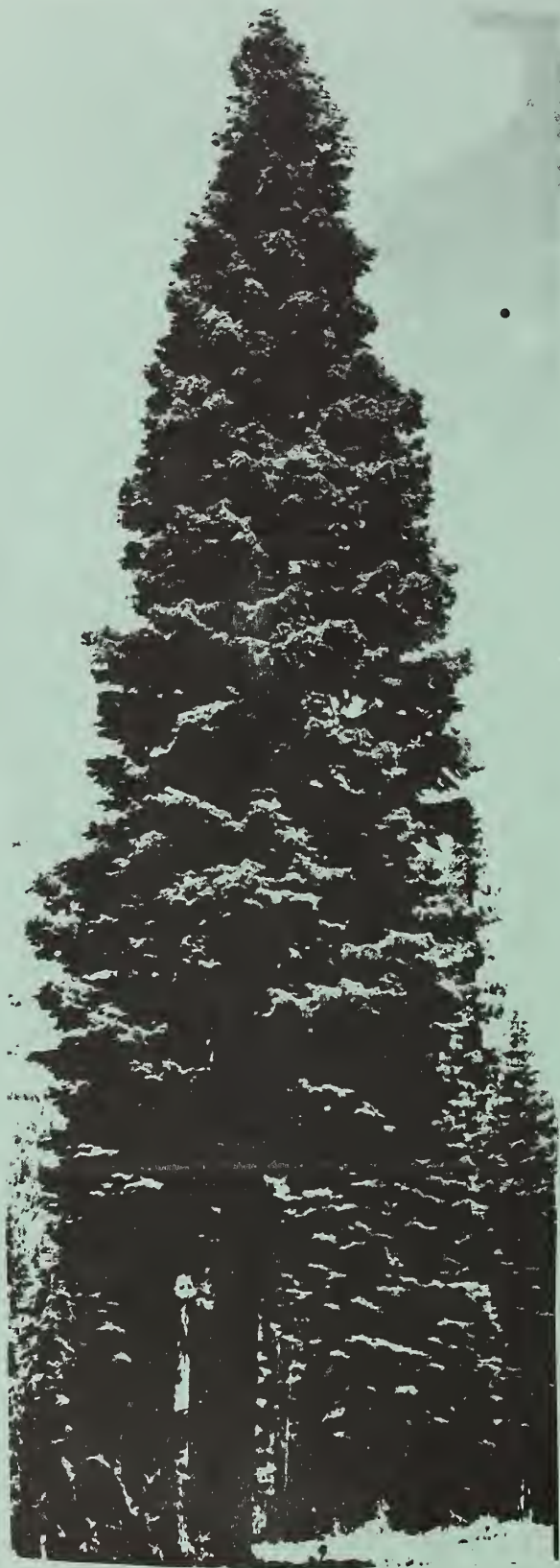
ARM CHUCK STEAK



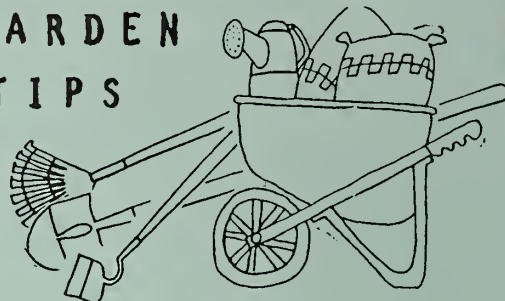
GROUND BEEF



PORTERHOUSE



## GARDEN TIPS



Remember that most evergreens have many roots near ground surface. Avoid deep cultivation that might wound roots.

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Look for, and destroy bagworms, birch leaf miner, and webworm. Those bagworms attack evergreens and the webworms usually attack mimosa and other shade trees in early summer.

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Did you know that a well-placed shade tree can reduce summer room temperature of a frame house in an arid climate by as much as 20 percent?

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Want a tree for your apartment balcony? Try a Japanese maple, hophornbeam, or Foster holly in a tub.

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Planting a tree? The sapling today is the historic tree of tomorrow.

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Do you have rodent damage at the base of a tree? Wrap trunk with aluminum foil or other screening to deter rabbits and moles.

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